

Make your own Udon Noodle Dish!



Saturday, April 6, 2024 - at 10:30 am

Pomfret Community Center (207 Mashamoquet Rd)

Fee: \$20.00 per person Instructor: Ms. Tina Kelly

UDON NOODLE DISHES ARE: Fresh vegetables, udon noodles and optional cooked protein.

We will use dashi broth, mirin, soy sauce, shitake mushrooms, scallions, udon noodles, eggs, chicken and tofu..



Udon is a thick noodle made from wheat flour, used in Japanese cuisine. There is a variety of ways it is prepared and served. Its simplest form is in a soup with a mild broth made from dashi, soy sauce, and mirin. It is usually topped with thinly chopped scallions.

MUST REGISTER EARLY, WE CAN NOT TAKE WALK INS FOR THIS CLASS

Udon Dish Class on 4/6/24. Please mail and make your checks payable to: Pomfret Recreation Dept., 5 Haven Rd., Pomfret Center, CT 06259. Questions: 974-1423. Or email: Carrie.Wolfe@pomfretct.gov

Name: _____ Email address: _____

Home Address: _____

Home Phone # _____ Emergency Phone # or Cell # _____

Do you have any allergies or illnesses that we need to be aware of that may interfere with preparing or eating the food prepared in this class? Yes or NO If Yes, please explain _____

\$20.00 paid on ck. # - _____ or paid in cash

Please note: There are certain risks involved with participating in any Pomfret Recreation activity or event and I am willingly to assume these risks for myself/my child. I hereby waive and release all other participants, the Town of Pomfret, Pomfret Community Center, Class Instructors, any and all others involved from all claims and/or damage incurred with this program. Please be aware that by signing this form you are releasing the Town of Pomfret and its instructor, from any and all responsibility or liability for any injury or illness resulting from touching or consumption of any food or beverage. No refunds unless there is a wait list for the program.

Signature _____ Date: _____

Chicken Udon

This recipe serves 2.

For the Soup Broth

☐ 3½ cups dashi broth

☐ 2 Tbsp mirin

☐ 2 Tbsp soy sauce

☐ 1 tsp Diamond Crystal kosher salt

For the Nabeyaki Udon

☐ 1/4 C tofu

☐ 2 shiitake mushrooms

☐ 1 green onions/scallions

☐ 2 stalks komatsuna (you can use any green veggies that cook fast like bok choy or spinach)

☐ 2 servings udon noodles (1.1 lb, 500 g frozen or parboiled udon noodles; 6.3 oz, 180 g dry udon noodles)

☐ 2 large eggs (50 g each w/o shell) (skip for vegan)

☐ 2 shrimp tempura